



rsp

— & ASSOCIATES —

DR. RUTH PULLINS



The higher you rise, the fewer people you can truly think out loud with.

The decisions carry more weight. The information is rarely complete. And the number of people who can hear you think, without a stake in what you decide, gets smaller.

- ✳ A transition no one fully prepares you for.
- ✳ A people decision with no clean answer.
- ✳ A culture that is not keeping pace with the strategy.
- ✳ A question you have not yet said out loud.

I help accomplished leaders think clearly, see differently, and move forward.

I work alongside senior executives and physician leaders as a **confidential, candid thought partner** when the decisions matter most.

Together, we can test an assumption before it becomes a commitment, examine what others may be too close to see, **ask the question beneath the question**, and separate the decision itself from the noise surrounding it.

Continue the conversation

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Biography

I have spent more than fifteen years partnering with C-suite executives and physician leaders as an executive coach, leadership advisor, and senior human resources leader. My career includes executive leadership roles at University Health and The University of Kansas Physicians, where I worked at the intersection of leadership, culture, labor, governance, and organizational change.

I hold a doctorate and executive coaching certification from New York University, along with advanced credentials in human resources, labor relations, and diversity, equity, and inclusion.

My approach is grounded in candid conversation, thoughtful challenge, and one conviction:

Even highly accomplished leaders benefit from someone they trust to challenge their thinking.

“In Dr Pullins, you get far more than a coach. You get a dedicated, insightful thought partner. Her sessions provided the exact space, structure, and perspective I needed to level up my executive communication and leadership mindset.”

Dr. Paramdeep Baweja
Chief, Cardiology

“Ruth is an exceptional leadership coach who combines deep expertise with a personalized, actionable approach, challenging my thinking, asking the hard questions and helping me move forward with greater clarity and confidence.”

Meggan Rorvig
Vice President, Marketing & Development